

Experts Call The Pandemic A Collective Trauma. Why Don't We Talk About It That Way?

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When we talk about the pandemic, we talk about stress. Burnout. Uncertainty. Isolation. We don't talk as much about trauma. But a growing number of mental health professionals say that's what people are experiencing as the pandemic drags on — and we may need a new way to talk about what they're going through. NPR's [Kat Lonsdorf](#) reports.

Psychiatrist, neurologist and author Bessel van der Kolk explains how the brain processes and recovers from trauma. His 2004 book [*The Body Keeps the Score*](#) surged to the top of bestseller lists during the pandemic.

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